

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| 10:30 – 4:30<br>Games Galore<br><br>11:00 Yoga for Seniors<br><br>12:00 Lunch – RR<br><br><u>Shopping Trips to Walmart</u><br>2 <sup>nd</sup> & 4 <sup>th</sup> Monday<br>12:30 p.m.<br><br>Dec. 8 <sup>th</sup><br>Dec. 22 <sup>nd</sup><br><br><u>Lunch Bunch</u><br>3 <sup>rd</sup> Monday<br>Dec. 15 <sup>th</sup><br>11:15 a.m.<br><br><b>Red Robin</b><br>\$1 transportation<br>Lunch on Your Own<br>RecTrac# 229603-01 | 10:00 Tai Chi<br>10:00 Sing for Joy<br>10:30 – 4:30<br>Games Galore<br>10:30 Walking Club<br>10:30 Bible Study<br>11:00 Yoga for Seniors<br>11:00 Line Dance<br>11:30 – 1:30<br>Computer Help w/ Alfred<br>12:00 Lunch – RR<br>12:30 English Chat<br>12:45 – 2:00<br>Knit “N” Stitch Club<br><u>1<sup>st</sup> Tuesday</u><br>Dec. 2 <sup>nd</sup> , 10:00-12:00<br>Inova Mobile Health<br>Services<br><br><u>1<sup>st</sup> Tuesday</u><br>Dec. 2 <sup>nd</sup> , 12:45 p.m.<br>Advisory Board Meeting<br><br><u>2<sup>nd</sup> Tuesday</u><br>Dec. 9 <sup>th</sup> , 12:30<br>Birthday Party<br><br><u>3<sup>rd</sup> Tuesday</u><br><b>Holiday Music Program w/ Lunsford Middle School</b><br>Dec. 16 <sup>th</sup> , 1:00 p.m. | 10:00 Tai Chi<br>10:30 – 4:30<br>Games Galore<br>10:30 Bible Study<br>11:00 Yoga for Seniors<br>12:00 Lunch – RR<br>12:30 English Chat<br>12:30 – 1:30 eComment<br>1:00 Art Group<br><br><u>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesdays</u><br>Dec. 3 <sup>rd</sup> & 17 <sup>th</sup><br>1:30 – 2:30 pm<br>Tech Support w/ Gum<br>Springs Library<br><br><u>Portrait Day – Pick up your portraits from Nov. 12<sup>th</sup></u><br>Dec. 3 <sup>rd</sup><br>10:00 a.m. – 12:00 p.m.<br><br><u>AARP Driver Safety Class</u><br>Dec. 3 <sup>rd</sup><br>9:00-5:00<br><br><u>*Book club changed due to Christmas holiday closure*</u><br><u>3<sup>rd</sup> Wednesday</u><br>Dec. 17 <sup>th</sup> , 10:00<br>Book Club | 10:30 – 4:30<br>Games Galore<br>10:30 Bible Study<br>11:00 Mat Yoga<br>11:00 – 12:00<br>Computer Help w/ Baldev<br>12:00 Lunch – RR<br>12:30 Knit “N” Stitch Club<br>1:00 – 4:00<br>Party Bridge<br>1:00 Line Dance<br><br><u>Thursday, December 4<sup>th</sup></u><br>12:25 p.m.<br>Travel by bus to Leesburg<br>to participate in the Senior<br>Chorus Group<br><br><u>3<sup>rd</sup> Thursday</u><br><b>Dulles South Senior Activity Center Annual Holiday Party</b><br>Thursday, Dec. 18 <sup>th</sup><br>11:30 a.m. – 2:00 p.m.<br><br>\$4.00 per person<br>Includes lunch donation<br>RecTrac#: 229602-01<br>(regular)<br>RecTrac#: 229602-02<br>(vegetarian) | 10:30 – 4:30<br>Games Galore<br>11:00 Yoga for Seniors<br>12:00 Lunch – RR<br><br><u>2<sup>nd</sup> Friday</u><br>Dec. 12 <sup>th</sup><br>10:30<br>Library Outreach Services<br><br><u>2<sup>nd</sup> Friday</u><br><b>Holiday Variety Show</b><br>December 12 <sup>th</sup><br>1:00 p.m. |

# DULLES SOUTH SENIOR ACTIVITY CENTER

AREA AGENCY ON AGING  
SENIOR PROGRAMs  
DULLES SOUTH SENIOR ACTIVITY CENTER  
24950 Riding Center Drive  
South Riding, VA 20152



November Birthdays Celebrated at  
the Dulles South Senior Activity Center  
November 18<sup>th</sup>:

|                 |                     |
|-----------------|---------------------|
| Krishan Miglani | Sarah Macak         |
| Susan Myint     | Kang Pak            |
| Anh Wong        | Farida Soetjahja    |
| Savita Kohli    | Pao-Mei Daisy Chang |
| Prithipal Singh | Betty Bornstein     |

## Portrait Picture Pick up Day

If you had your picture taken **November 12<sup>th</sup>** you will select your portraits and pay for your selections

**Wednesday, Dec 3<sup>rd</sup>**



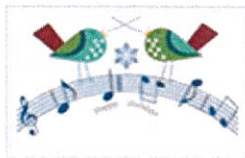
**AARP Driver Safety Program**  
is coming to Dulles South Senior Activity Center: **Wednesday, Dec. 3<sup>rd</sup>**  
from 9 - 5

**\$15.00 for AARP members**  
**\$20.00 for non-members**

**You will need a check payable to AARP**

**RecTrac 229607-01**

**Please Register By December 1<sup>st</sup>.**



**Chorus in Leesburg**  
**Thursday, Dec 4<sup>th</sup>**

**Bus will leave promptly at 12:25**

**Lunch Bunch**  
*Monday, December 15<sup>th</sup>*



Bus leaves at 11:15. Transportation is \$1. You pay for your own lunch. Sign up with a staff member.



**Shopping Trips to Walmart**  
**Monday, December 8<sup>th</sup>**  
**Monday, December 22<sup>nd</sup>**

Bus will leave at 12:30. 'Tis the season to be shopping FaLaLaLaLa LaLaLaLa



Christmas



Chanukah



Kwanzaa



Boxing Day



Christmas



Chanukah



Kwanzaa



Boxing Day



# DULLES SOUTH SENIOR ACTIVITY CENTER

**Holiday Variety Show**  
**Friday, December 12<sup>th</sup> at 1:00pm**  
 Enjoy holiday songs, dancing and  
 a Sing-Along



**Holiday Music Program**  
**Tuesday, December 16<sup>th</sup>, 1:00 p.m.**  
 Enjoy holiday music performed by  
 Lundsford Middle School



**Dulles South SAC Holiday Party**  
**Thursday, December 18<sup>th</sup>, 11:30 – 2:00**

**Cost \$4.00      Reservation Required**  
**Call or visit the center for details.**  
 RecTract No.229602-01 (Regular)

## Dulles South Senior Activity Center Closed

December 24 at 12:00 noon  
 All day on 25, 26, 2014 &  
 January 1, 2015

**Advisory Board Meeting**  
 Tuesday, December 2 at 12:45

## Book Club

**Wed, December 17<sup>th</sup> at 10:00am**



**Quiet: The Power of Introverts  
 in a World That Can't Stop  
 Talking**

In *Quiet*, Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the twentieth century and explores how deeply it has come to permeate our culture. She also introduces us to successful introverts—from a witty, high-octane public speaker who recharges in solitude after his talks, to a record-breaking salesman who quietly taps into the power of questions

Pick up your copy from the staff office and join the discussion!

## Tai Chi

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai chi has many different styles. Each style may have its own subtle emphasis on various tai chi principles and methods. There are also variations within each style. Some may focus on health maintenance, while others focus on the martial arts aspect of tai chi.



Join us for tai chi on  
 Tuesdays and Wednesdays at 10 am

